

The Pace Setter

July 2012

The monthly news magazine of
**The Hudson-Mohawk
Road Runners Club**





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The Pace Setter is the official monthly news-magazine of the Hudson-Mohawk Road Runners Club. Membership in the HMRRC automatically entitles one to receive The Pace Setter. Advertisements, race announcements and entry forms are paid for at the following rates: full page (\$150). Contract rates are available on a half year and a full year basis. Advertisement questions and space reservations should be directed to Jim Tierney, Advertising Director, at 869-5597. After contacting the advertising director, material can be mailed to: C Allen, 179 Hollywood Ave., Albany, NY 12209 (callen@gscallen.com). All other matters should be directed to the editors.

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The Pace Setter

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HMRRC Mission Statement

The Hudson Mohawk Road Runners Club (HMRRC) is dedicated to promoting the sport of distance running through education and training to promote running as a part of a healthy lifestyle, promoting personal fitness and community through organizing and managing running events, providing means of communication among club members and creating opportunities for social activities. We believe in encouraging participation in running events for individuals of all levels of running abilities and acknowledge that volunteer participation is a foundation upon which HMRRC exists.

The opinions expressed by the authors are their own and not representative of or endorsed by The Pace Setter staff or HMRRC.

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President's Message

by John Parisella

This month there are some fantastic events to look forward to in the Capital area running community. On the HMRRRC calendar are some of the premier, most-looked-forward-to events, starting with the Colonie Mile on Tuesday, July 3 at 6:00 p.m. This Grand Prix event usually attracts the area's fastest and most competitive runners. It's fair to say that many runners from most of the area clubs put a good deal of time and sweat into preparing for this brief race. Come out to the track to watch the many fine athletes of ALL ages compete and push themselves to the limit once again.

This race is part of the HMRRRC weekly summer track series held at Colonie High School every Tuesday, which is directed by Frank Myers. Though this race has generally been the best attended, there are other fun events such as the Two Person Relay on the 12th, the 40th Annual Hour run on the 19th, and the 37th Annual Pentathlon. Each of these goes off at 6:15

p.m. at Colonie High School.

While HMRRRC's mission is to put on races, a major part of the vision is also to promote the sport of running. One of the ways that this will be accomplished this year will be a series of free training clinics. The Mohawk Hudson River Marathon and Half Marathon Training Program with HMRRRC is hosting the first of these clinics on **Monday July 16th at 7 p.m.** This clinic is entitled "**Food, Weight and Runners: Finding the Right Balance**" presented by Nancy Clark, a registered dietician and board-certified specialist in sports dietetics. Nancy Clark may be familiar to many regular readers of the *Pace Setter* where her monthly column has appeared. The other clinics will be presented on August 15th and September 13th. Detailed information on how to register for the clinics can be found on the HMRRRC website.

We hope you have a great month of running. See you at the races! ☐



Submissions for the September Issue of *The Pace Setter*

Articles:

Deadline is July 25. Submit to: Editor, pscontenteditor@gmail.com

Advertisements:

Deadline is August 1st. Contact Jeanne Deguire (Advertising Director) to reserve space, at 729-4772 or e-mail: tdeguire@nycap.rr.com

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High resolution black & white files or greyscale required (no compression). Full page ad size MUST be 7-5/8" wide by 10" high. Contact Cyndy Allen at callen@gscallen.com for further info.



What's Happening in July

by Al Maikels

The HMRRRC takes its annual summer vacation from road races in July; instead it features a series of track races. While this is not necessarily staying true to our name, it's not a bad thing either.

The shortest race on the club schedule is the Colonie Mile, set for Tuesday July 3 at 6:15 p.m. at the Colonie High School track. This is also the shortest Grand Prix event on the club calendar and is always well attended. The Tuesday night meets continue in July and feature a wide range of track and field events, with the mile being the first event at 6:15 p.m..

Keeping the track theme going the other three club races for July will also be held on the Colonie High track. The two-person relay is set for Thursday July 12, with a 6:15 p.m. start. This is the only club event that I ever won and that was with the help of a fast and somewhat less than accurate partner. Runners are teamed up based on their predicted mile times, with faster runners paired with slower runners. Each team runs six miles as the runners alternate miles. If you have ever run repeats on the track you

know how demanding this can be.

The next track race is one that features everyone starting and finishing at the same time. The 39th HMRRRC Hour Run is set for July 19 with a 6:15 start at the Colonie track. How many laps of the quarter-mile track can you run in an hour? Can you remember your lap count? If you crave the answer to those questions, the Hour Run is for you.

The final event in the summer track series is actually a series of five events. The 37th HMRRRC Pentathlon will be held on Thursday, July 26 at the Colonie High track. The pentathlon features a 5k, half mile, 2 mile, quarter mile and finishes with the mile. This is a great test of your fitness and is a wonderful summer workout. The races start at 6:15 and go till dusk.

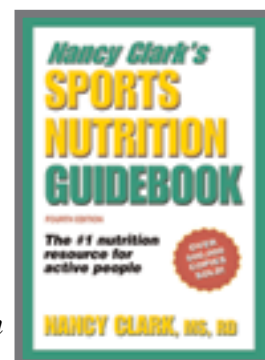
Summer track meets continue in July, each Tuesday at 6:15 at the Colonie High track. The mile is always the first race and the two mile run is the final event of each night.

July is usually the hottest month of the year, make sure you stay hydrated and run safely. ☐



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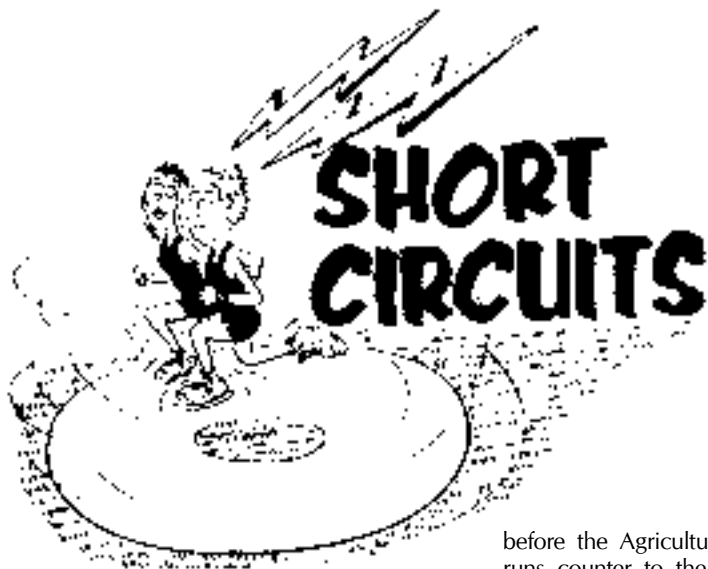
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"Paleo offers better long-term recovery, due to greater micronutrient content than a standard high-starch and sugar diet, allowing the athlete to train with a greater stress load," according to Joe Friel, a U.S. Olympic triathlon coach and author of the seminal *Cyclists' Training Bible* and *Triathletes' Training Bible*.



Bronxville High (Westchester County NY) super sophomore Mary **Cain is on a roll.** Just over a week after winning the Penn Relays mile, she improved her 1,500 PR to a 4:17.1, best in the US this year. That makes her #7 all-time for the 1500 in the US.



Raising Cain on the track



Dustin Hoffman played an avid runner who was mugged in a park in the movie "Marathon

A Short Circuit is a brief third person narrative describing outstanding performances and unusual or humorous experiences by runners especially HMRRRC members.

All Short Circuits must be e-mailed to jheinlaw@earthlink.net, subject: Short Circuits.

Man." In May Hoffman came upon a fallen runner in London's Hyde Park. He called 911 and comforted the heart attack victim until paramedics arrived. On his recovery blog, the 27- year- old runner thanked medical staff and "my new found favorite celebrity Dustin Hoffman who called 911 and waited by my side until paramedics arrived. I am so grateful to him for calling an ambulance, if it wasn't for him, I might not be here."



Marathon Man to the rescue



The British Olympic Association (BOA) has advised world heptathlon champ and Olympic gold favorite Jessica Ennis to lose weight as it considered her to be overweight. The "Fat Girl" has rejected the BOA's advice. □



Jessica "Fat Girl" Ennis

"BEEN THERE, DONE THAT"

by Mike Becker

July 1972...Forty Years Ago

- Two races were held at SUNYA on a hot evening on the 12th. Tom Robinson easily won the three-miler with a 14:42, and Carlo Cherubino took the six-mile handicap race with a 33:40 actual time.

- The newsletter states that it costs a total of \$8 to send out each newsletter to the just under 100 club members. The club needs 16 runners to enter races to "break even."

July 1977...Thirty Five Years Ago

- The first annual Adirondack Distance Run was held from Lake George Village to Bolton Landing on the 31st. The entry fee was \$2.50. A total of 198 runners finished, with Barry Brown winning with a 50:17. Pat Glover won the 30+ age group, and Hal Higdon won the 40+ age group. Kathy Tanchek and Diane Myers were the top two females, out of a total of just 14. The distance today is 10 miles but is shown in the newsletter as 10.4 for the inaugural version.

July 1982...Thirty Years Ago

- Tom Dalton and Diane Myers won the second Corporate Challenge 3.5-miler of the year with times of 17:30 and 20:14, respectively. Team titles went to Siena College (men), Friendly's Ice Cream (women) and NYS Division for Youth (co-ed).

- The club Sextathlon was held at Colonie HS on the 22nd and directed by Pat Glover. The event consisted of three running events, long jump, softball throw, and frisbee toss. The winners were Paul Zaffets and Ann Schopf.

- The Women's Distance Festival was held at SUNYA on the 25th. The six-mile race had 47 finishers with 50-year old Anny Stockman winning with a 39:34. Paul Rosenberg, Sharon Gonsalves, and Jennifer Wolf were the directors.

- Carter Andersson-Wintle was profiled. He averaged about 60 miles per week training year round and ran with the "Willow Street Gang" and a SUNYA noontime group. His best race was a 2:54 in the Jersey Shore Marathon despite a 48 mph headwind! His PRs include a 35:56 10K and a 55:20 15K. He runs primarily for his health but also for the social aspect of training with others.

July 1987...Twenty Five Years Ago

- Kevin Williams won the Colonie Mile Grand Prix race with a 4:23. Denise Herman ran a 5:14 for the top female time.

- Nine teams of two ran the six-mile relay at the SUNYA track on the 23rd. It was 90 degrees and humid. The team of Luke Luyckx and Karl Stauffenberg won by six inches(!) over Dave Ochse and Jim Miller. Both teams averaged 6:02/mile.

- Jamaican Mike Gregory ran a 4:04 to win the partially-downhill Bijou Mile in Saratoga Springs on the 24th. Jo Ann Stevens ran a 4:44



for top female honors. A total of 39 out of 65 runners ran under five minutes.

- Bert Soltysiak was profiled. He started running at age 45 and considered his best race the old Bennington 10.1-mile road race. His PRs included 20:45 5K and a 3:25 marathon. Bert was also the club treasurer at the time.

July 1992...Twenty Years Ago

- Dale Keenan and Lori Hewig were the top local finishers in the Boilermaker 15K in Utica with times of 49:13 and 51:47, respectively. Hewig was also the top American and fourth woman overall, winning \$800. Kenyan Sammy Lelei won with a course record 43:39. The race was capped at 4,600 runners and had 3,975 finishers. Among other locals breaking an hour were Rick Bennett, Russ Hoyer, Rich Cummings, and Amy Herold-Russom.

- Club officers were Steve Jones – President, Steve Basinait – Executive VP, Jim Reedy – VP for Finance, Nancy Egerton – Secretary, and Charlie Matlock and Don Fialka – Treasurers.

July 1997...Fifteen Years Ago

- Zach Yannone ran a 4:21 to win the Colonie Mile. Amy Herold ran a 5:05 for top female honors. Fred Kitzrow was the top masters finisher with a 4:35, and Frank Myers ran a 5:11 for top 50+ honors.

- Ken Plowman and Jeff Brooks each ran 50:38 to win the Indian Ladder Trail Run 15K, with Pat Glover and Phil Borgese also in the top ten. Emily Bryans was the top female with a 58:52. Andrew Rickert won the 5K.

- Pat Glover won both the 5,000 and 10,000 meters at the Empire State Games.

July 2002...Ten Years Ago

- Jamie Rodriguez won the Adirondack Distance Run 10-miler in Lake George with a 52:33. Fifteen year-old Caitlin McTague was the top female with a 61:10, good for 19th overall. Team Utopia took the men's team title, and the Willow Street AC took the women's.

- Jamie Rodriguez and Jen Kramer won the

Colonie Mile with times of 4:21 and 5:19, respectively.

- Jamie Rodriguez ran a 48:24 in the Boilermaker 15K for the top local time, good for 36th overall. Lori Hewig was the top local female with a 55:49.

- Tom Dalton and Liz Mooney won the Pine Bush Triathlon on the 21st.

- Steve Sheffer and Megan Leitzinger won the six-mile Two-Person Relay at Shaker HS, with just eight teams participating.

July 2007...Five Years Ago

- David Raucci ran a 14:51 to win the Silks & Satins 5K in Saratoga Springs. Teen Hannah Davidson won the female division with a 17:14.

- Anthony Giuliano ran 9.75 miles at the Hour Run at Guilderland HS on a hot, humid evening. Dana Peterson ran 9.28 miles for the most by any female.

- Alyssa Lotmore and Emily Bryans easily won the six-mile Two-Person Relay at Guilderland HS with a total of 34:17.

- Nick Willey ran a 58:41 to win the Indian Ladder Trail Run 15K with a 58:41, just one of four runners to break an hour. Dana Peterson topped the ladies with a 67:57. Age group winners included Aaron Knobloch, Penny Tisko, Nancy Taormina, Susan Wong, and Tom Adams. Dana Peterson also was the top female in the 3.5-miler. □

On the Web!

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July 23 to Day-of-Race: \$20 – All (Mailed Reg's must be postmarked by July 28)

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Course Descriptions ...maps available at www.hmrcc.com. Start and finish in front of Haile's Cave Picnic Area Marked course with water/aid stations on course
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| Phone/Email | DOB m m dd yyyy | Age on 7/31/2011 | Picnic Choice [check one] <input type="checkbox"/> chicken <input type="checkbox"/> burger <input type="checkbox"/> veggie burger <input type="checkbox"/> hot dog | |
| Pre-registration by July 22 [postmark] <input type="checkbox"/> \$17.00 HMRRC Member <input type="checkbox"/> \$20.00 Guest | | | Total enclosed \$ _____ | |
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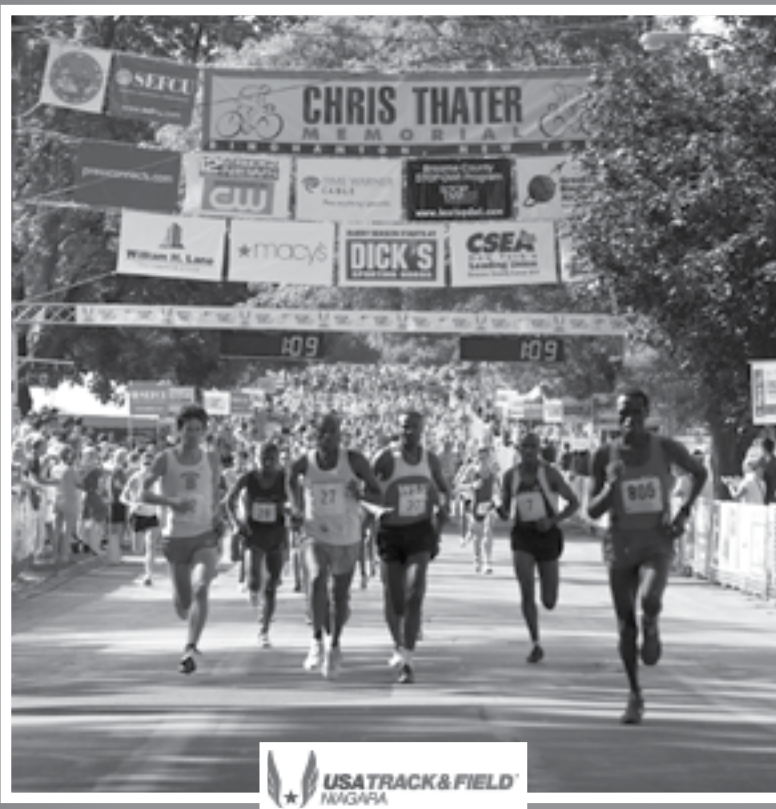
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Profile of a Runner

MARISA LEVA



What is your occupation, background, age, hobbies, and other sports or other interests?

I was born (58 years ago) and raised in Schenectady, and moved to the Philadelphia area about 35 years ago. However my family still lives there and that gives me a good reason to visit and run some races in the area! I am an occupational therapist and a certified hand therapist working in an outpatient practice. This has been a very rewarding career for

the past 28 years. In addition to running, I love to cycle. I am a certified Chi Running and Chi Walking instructor. Sharing and teaching the energy efficiency principles and injury-free techniques of Chi Running and Chi Walking is also very gratifying.

When and how did you get started running?

About 3 1/2 years ago, I started running. I had had back surgery and the rehabilitation was to walk as much as possible. I soon became a little impatient and unchallenged with that so I started to add a little running. Soon thereafter, it was all running. Prior to that time, I thought you had to be crazy to run for no good reason (i.e. basketball, softball, and other sports)! But as soon as I finished my first 5 K, I was hooked.

Do you have a favorite race or races?

In the upstate NY area, I love the Freihofer's Run for Women 5K, Silks and Satins 5K, and the Fireman's 5K in Central Park in honor of my father, Donald, who was a Schenectady firefighter for 43 years!

What are your most memorable races?

I would have to say Freihofer's because it is always energizing, fun, and empowering to be with so many female runners, including so many elite athletes!

How do you train? Do you have training partners?

Currently, I train alone as that is what fits my schedule. However, I would love to train with a group or club in the near future as I feel that running with others facilitates improvement in performance and fosters new friendships.

What are your current goals?

My goals include improving speed, staying injury-free, and continuing to have fun running for as many years as possible! I also plan to do more trail running, as I found that to be a very different and pleasurable experience a few weeks ago when I ran my first trail 5K.

Do you have any future running goals?

Having done many 5Ks, 10Ks, and other short distance races, as well as two half marathons in the Philadelphia area, I would like to run in the Mohawk Hudson River Half next year. I wanted to do it this year but did not register soon enough.

Do you have a philosophy of running?

Running is a sport and a practice which should bring joy, health, and a sense of well-being to those who run. It is like any other sport or activity in that good results are built on a good foundation of sound technique and practice. Most of all, I feel that running is a fun and wonderful journey for all who choose to head down this road (or trail!). □



HMRRC Nominations and Elections

Elections for the HMRRC officers for the coming year will be held in September. A nominating committee has been formed to select candidates. Vacancies exist for the position of President, Executive Vice-President, Treasurer and Secretary. Additional nominations can be made by petition. Any Club member can be placed on the ballot if nominated by one percent (1%) of the total membership of the Club as reported at a Club meeting no later than June 30 or at least ten (10) members, whichever number is greater. Signatures must be of members in good standing as of June 30th of that year. Nominating petitions will be accepted and verified by the Election Committee at a Club meeting no later than July 31st. Send petitions to HMRRC, P.O. Box 12304, Albany, NY 12212.



SEFCU

24TH ANNUAL LABOR DAY 5k



Monday, September 3, 2012
SEFCU Headquarters
Race / Walk Start: 9:00 a.m.

This year's 5k is PRE-REGISTRATION ONLY; participants MAY NOT register the day of the event.

Location:

Race/walk starts and finishes at SEFCU Headquarters,
 700 Patroon Creek Blvd., Albany

HMRRC Entry Fee for 5k Race/Walk*:

- ☐ \$8 for HMRRC members and SEFCU members
- ☐ \$9 for all others
- ☐ \$20 for HMRRC fee and a donation to the non-profit recipient of the race funds

Applications must be received by Friday, August 31, 2012.

HMRRC Entry Fee for Kids*:

\$1 per child; 1 mile; approximate 10 a.m. start
 Event day registration only

Separate application for team competition is available at sefcu.com

Race Prize Structure:

Medals to the first three male and female finishers in each of the following age groups: 11-17; 18-21; 22-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70 and over. Trophies will be awarded to the first three male and female overall finishers. Trophies will also be awarded to the first three male and female overall finishers who are SEFCU members. No duplication of prizes.

Shirts:

Commemorative SEFCU 5k T-shirts will be given to all participants.

Refreshments:

Complimentary fruit, drinks, etc. available at end of event.

Results:

Posted 15 minutes after event and available the same day at <http://www.hmrrc.com>.

For More Info:

Call 518-464-5243, or visit www.sefcu.com.

I will participate in: 5k Run ☐ 5k Walk ☐

Name _____

Address _____

City _____ State _____ Zip _____

Age _____ Sex Male ☐ Female ☐ Phone _____

SEFCU Member ☐ HMRRC Member ☐ Where did you hear about this event? _____

*I would like to make a donation directly to the SEFCU Community Support Program in the amount of \$ _____.

Signature _____

Parent/Guardian (if under 18) _____

I know that running a road/trail race is a potentially hazardous activity. I attest that I am physically fit and sufficiently trained to compete in this event. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all the risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of weather, including high heat and humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and in consideration of your acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Hudson-Mohawk Road Runners Club, SEFCU, the SEFCU Foundation, non-profit recipients of funds from the race, the State of New York, their sponsors, officials, representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons or organizations named in this waiver. I also understand that the use of headphones, ear buds, or other listening devices during this race is prohibited and may result in my disqualification. I agree that any digital or print photographs taken during this event are the sole property of SEFCU and may be used appropriately in future SEFCU publications.

Make registration checks payable to Hudson Mohawk Road Runners Club. Send entry fee with completed application form to: SEFCU Labor Day 5k, HMRRC, P.O. Box 12304, Albany, NY 12212

Applications cannot be accepted at SEFCU locations.

Directed by 

Meeting Minutes of the HMRRC General Meeting May 9, 2012

Attendance: Barb Light, Chuck Terry, John Parisella, Jon Rocco, Tom Ryan, Ray Lee, Jim Tierney, Tom Adams, Diane Fisher, Jonathan Golden, Wade & Anny Stockman

Call to Order (J. Parisella): Meeting called to order at 7:35PM.

Reading and approval of April 11, 2012 minutes (B. Light). Motion made to approve minutes made by Jon Rocco seconded by Charles Terry. Motion passed.

Reports of Officers

President (J. Parisella): Club gave grant to teacher at Burnt Hills for Run for Fun program. Having a race to benefit The Brave Will Foundation. It is a 3rd grade program. School has been tracking and kids are losing weight and getting fitter. Thanked us for the grant to provide fitness for the kids.

Executive Vice President (J. Rocco): Scholarship Winners: Announced winners of scholarship. 42 applicants from 26 schools. 24 girls 18 boys. Thank Chris Rush, Ken Skinner and Joan Celantano for being on committee. Amy Becker-Colonie High School, Shannon Trant, Niskayuna High School, Gavin Clark-Ichabod Crane School, Austin Lane, Greenwich High School. Ordered plaques and will be presented over next month to the four winners.

2.3 Executive Vice President – Finance (C. Terry): Still working on the year-end financial reports. Still sorting out income and expenses I will need to meet with Pam to go over. Will talk with accounting firm about taxes due next week, they will file extension for us.

2.4 Secretary (B. Light): No report.

2.5 Treasurer (P. Zentko): See Attached Report

Reports of Committees

3.1 Membership (D. Fisher): Current membership at 2812 up 17 from last month up 359 from last year.

Volunteers (M. Adams): No report.

Public Relations (R. Moore): Press releases to all papers for the Workforce Team Challenge. Sent press releases out for Father's Day Race and Valley Cats Race. Rob will be there at the HMRRC table to hand out information. Troy Mission will be taking over the sneaker collection drive at the Marathon Expo. They bring all sneakers donated to Greensneakers who sends them

to Africa and 3rd World Countries who then give money to the Troy Mission. Their goal is to raise 3000 pairs of sneakers. Looks like a great program. June 1 and 2 will be at Freihofer's Expo. Will have a shirt collection booth there. Rob will be there Friday and Greg Rickes will staff it on Saturday. It is at the Empire State Plaza from 12-8PM Friday, 8-3PM Saturday. Schenectady Mission will come at end of expo on Saturday and collect half the shirts, other half will go to Dick Adler of Indian Orphanage in New Mexico.

Race Committee (M. Warner): 108 finishers in Masters Race. Third highest running. Course was certified this year, but the 4 mile marker was long, 5 mile marker was short. Distance was correct. Submitted all records to race treasurer. Jim plans on directing next year. Race Committee has had an email discussion on the suitability of strollers and dogs at races. Mark will summarize the discussion at the June Meeting. There will be a 30 minute meeting prior to the June club meeting to

discuss sponsorship possibilities for some of our races. Hannaford has expressed an interest in a greater involvement in our races. CDPHP has expressed interest in getting involved in the Just Run Program. Mark & Mike Rabideau had discussions with CDPHP to continue their sponsorship of the Workforce Team Challenge. Will have more to report in June. Distinguished Service Race for Ed Gillen will be held June 10th at SUNY Albany. Still looking for volunteers.

Race Committee Treasurer (J. Golden): See attached reports.

Pace Setter (R. Nagengast / K. Zielinski): No report.

Conflicts Committee (C. Terry): No report.

Safety Committee (V. Juliano): No report.

Grants Committee (R. Newkirk): No report.

Long Range Planning Committee (E. Neiles): No report.

Just Run Program (K. Skinner): Ended up with 14 schools participating in Just Run program this year.

We have just under 700 kids participating. Planning track meet on June 6th at Union College for celebration track meet. Maureen coordinating food for the track meet, Maureen can't be there that day, Ken will contact Ed Gillen. Need volunteers for the event. Will send out an email blast to the club. Track meet starts at 3:30PM.

Unfinished Business:

New Business: Club Van management for June, July, August 2012 involves coordinating with Race Director to bring to races. It is just for the summer months. John Parisella will take on and maybe find someone to do for 1 month at a time.

Announcements:

Refreshments- June Refreshments-Jon Rocco

Adjourn: Motion made to adjourn meeting made by Ken Skinner seconded by Ray Lee, meeting adjourned at 8:05PM. □



CASTLETON-SCHODACK KIWANIS CLOVE RUN 10 Mile Run, 5K Run, 5K Walk, & 1 Mile FAMILY FUN RUN

Hosted By the
CASTLETON ROAD RACING COMMISSION

For The Benefit Of The Anchor
(Local Food Pantry)

Race participants are encouraged to bring a canned/non-perishable food items for donation to **The Anchor**.

8:30 A.M. Saturday, Aug. 18, 2012

Family Fun Run promptly at 8:30 AM

10 Mile Run at 9:00 AM

5 K Run & 5K Walk at 9:15 AM

All race activities (start, finish, awards, refreshments, entertainment) take place at the Castleton Elementary School at 78 Scott Avenue, Castleton, NY 12033.

Directions: Take I – 787 over the Dunn Memorial Bridge to Rts. 9 & 20 East in Rensselaer. Go through 3 lights, and bear right at the sign for Castleton (Rt. 9J). Go on Rt. 9J to Castleton. In Castleton, turn left at the flashing light at Stewart's onto Scott Avenue (Rt. 150). The Castleton Elementary School is located on Scott Avenue about 1/2 mile from Rt. 9J on the right. Persons traveling from other areas should use MapQuest to obtain directions to the Elementary School.

Parking: Parking is available at the Castleton Elementary School and the surrounding streets.

Entry Fees:

10 Mile Run, 5K Run, and 5 K Walk

- Pre – race registration: \$20.00
- Received after Aug. 10/Day of Race: \$25.00

1 Mile Family Fun Run – 10 and under

- \$5.00/person or \$15/family

T – Shirts for first 200 registered runners

Online Registration:

Registration for the Clove Run can be done Online at Active.com. See Clove Run Web Site for more information.

Awards:

10 Mile Run, 5 K Run, and 5K Walk

- Top 3 male and female runners
- Top 3 runners in each age group division

1 Mile Family Fun Run

- Medals will be awarded to all finishers

Packet Pickup & Awards Ceremony:

- Packet pickup will be at a table outside near the entrance to the Castleton Elementary School. All other activities will be outside on the grounds of the school.
- No Duplication of Awards

More Information:

Call 732-2940 or go to Clove Run Web Site at http://www.vanrensselaerdivision.org/Clove_Run/

RACE APPLICATION:

Complete application and mail to Greg DeJulio, 17 Francis Drive, Wynantskill, NY 12198. Be sure to include a check for the appropriate amount made payable to CRRC.

Name _____

Male _____ Female _____ Age _____

Race: 5 K Run _____ 5K Walk _____
10 Mile Run _____ Family Fun Run _____

Address _____

City/Town _____ State _____

Emergency
Contact _____

Phone (_____) _____ - _____

Email Address _____

T - Shirt Size

Sm. _____ med. _____ lg. _____ xl. _____

Please Read and Sign: In consideration of the acceptance of this application to participate in this race, I hereby release the sponsor and its affiliates from any and all liability or responsibility for any injury or physical illness that may occur as the result of my participation in this event. I am physically fit to participate in the race event(s) indicated. Children may participate in only one event, either the 5 K Run, the 5K Walk, or the 1 Mile Family Fun Run. I also allow any photographs taken of myself during the event to be used for publicity purposes.

Signature _____

Parent/Guardian _____

(if under age of 18)

Date _____



10th

Race The Train

**Lodging available at:**

Saturday, August 4, 2012

8.4 Mile Run from Riparius to North Creek, NY To Benefit Johnsbury Dollars for Scholars An Official Adirondack Runners Grand Prix Event

Black Mountain Restaurant and Lodge
(518)-251-2800Garnet Hill www.garnet-hill.com

Alp Horn Motel 518-494-4141

Copperfield Inn www.copperfieldinn.com
(518) 251-2300TIME: 8:00 a.m. the Train departs North Creek Depot, bringing racers
and spectators to Riverside Station in Riparius for the **9:00 am start.****CHECK IN AND**REGISTRATION: 5:00 to 7:30 p.m. Friday, August 3, or 7:00-7:45 a.m. Saturday, August 4.
Or register on www.active.comLOCATION: North Creek Depot, 3 Railway Place, North Creek, NY
(North end of Main Street)COURSE: The 8.4 mile race begins in Riparius on the Route 8 bridge by Riverside
Station. It continues west and turns right onto the wooded rolling hills of
River Road, a seasonal-use dirt road running parallel to the Saratoga & North
Creek Railway and the Hudson River. The finish line is in the village of North
Creek at the North Creek Depot.ENTRY FEE: Preregistered runners \$25.00 adults / \$20.00 for ages 19 and under -
\$30.00 race day

T-SHIRTS: Custom, high quality short sleeve T-shirt (guaranteed to first 250 registered.)

FACILITIES: Restrooms available at both train stations;

AWARDS: Male and Female Overall and 5 year Age Groups 1st, 2nd and 3rd.
Overall winners also receive rafting gift certificates.
Finisher Medals to all who complete the course.INFORMATION: Gary Wilson at (518) 494-2266 or (riparius@nycap.rr.com)**AWARDS REFRESHMENTS RAFFLE PRIZES****All registered runners ride
FREE on the
Saratoga & North Creek
Railway!!!!**Family, friends and spectators may ride
to the start with the runners and ride the
train back to North Creek.
The train will stop at viewpoints along
the way, allowing spectators to cheer for
their favorite runners!Spectator tickets can be purchased at the
North Creek Depot on race day.For ticket pricing go to www.sncrr.com**One Mile Family Fun Run**

All ages welcome.

Finishers 14 and under receive special
awards! It will begin immediately following
the finish of Race the Train.
(approximately 11.00 a.m.)
Entry Fee \$5.00
(Does not include T-shirt)

| | | | | | | |
|---------------|----------------|------------|-----|------------|--------------|----------------------|
| Last Name | | First | MI | M F Sex | Age Race Day | / / Date of Birth |
| Address | | | | | | |
| City | State/Province | | Zip | | | |
| () - | | | | | | |
| Area code | Phone Number | Shirt Size | Sm. | Med. | Lg. | XLg. |
| Email address | | | | | | |

| | | |
|--------------------------|----|--|
| Entry Fee | \$ | |
| Additional Donation | | |
| For Dollars for Scholars | \$ | |
| Total | \$ | |

Are you a JCS student, graduate, employee, or tax district resident ? Yes No

In consideration of the opportunity to participate in this race, I hereby release and forever discharge the sponsoring organization,
their members and any other person staffing this race, for any demands as a result of my participation. I also certify that I am in
good physical condition and have trained for this race.

Signature _____ Date _____

Signature of Parent (If under 18) _____

Make checks payable to: Johnsbury Dollars for Scholars

Check here if this is a Fun Run Application _____
Lori StevensMail Entries To
Dollars for Scholars
PO Box 175
North Creek, NY 12853**FOR OFFICIAL USE ONLY**_____
Date Rec'd_____
Check #_____
Race Bib #

For Runners Who Struggle with Food and Weight

Too many runners (males and females alike) struggle with food and weight. Their common belief is "the lighter I am, the better I'll perform." Not true, if the cost of attaining the perfect body is poorly fueled muscles, overuse injuries, and a dysfunctional relationship with food.

If you are a runner who struggles with losing those last few pounds, take note. Weight issues may have little to do with body fat and more to do with "I'm not good enough." Haven't we all, as runners, had that thought? And certainly, some runners struggle with the "I'm not good enough" belief far more than others. They are the ones who can easily cross the line into having an eating disorder.

An eating disorder distracts the runner from the feelings that come with being "not good enough." After all, if you are always thinking about whether or not eat, and how much to exercise, you are not thinking about feeling imperfect or inadequate. Unfortunately, using food to distract from those feelings can end up hurting your performance.

The following information, presented at a conference in Boston organized by the Multi-service Eating Disorders Association (MEDA), offers food for thought for all athletes who struggle with finding the right balance of food, weight, and exercise. For additional information, check out MEDA's website, www.MEDAinc.org. It's filled with helpful resources for teammates, friends and family members, as well as for runners with anorexia, bulimia, and food obsessions.

Food for thought

- Anorexia has the highest mortality rate of any mental illness. Whether death is from heart arrhythmias or suicide, we need to pay attention when runners struggle with food.

- Just as runners with anorexia lose arm and leg muscle that helps them be strong athletes, they simultaneously lose heart muscle. The heart gets smaller and cannot respond to stress. The resulting arrhythmias can be a cause of death.

- The purging associated with bulimia takes its toll in terms of not only electrolyte imbalance associated with vomiting, but also gray teeth (due to erosion of tooth enamel on the inside of the mouth), and dental caries. The person may also suffer from acid reflux, difficulty swallowing, and chronic constipation (if purging includes laxative abuse).

- Thankfully, many medical issues are reversible but two "biggies" can remain problematic: 1) cognitive dysfunction due to the brain shrinking and 2) bone health. The bones (particularly in the spine, hip, and wrist) lose density. This increases the risk of stress fractures today and osteoporosis in later years. A shocking one-fourth of young women (<20 years) who suffer from anorexia have early

osteoporosis. Some end up in severe pain for their lifetime, others in wheelchairs. Teens need to be fully aware they are not only losing bone density but also are not gaining it, as should happen during teenage years. Surprisingly, men with anorexia end up with worse osteoporosis than women.

- Any female runner with amenorrhea (loss of her menstrual period for more than 3 months) should get her bone density measured for a baseline. Should she also take a birth control pill to force the return of menses? Current research suggests not. The pill offers a false sense of recovery, plus it does not enhance bone density. The better path is to eat enough food to restore the body to an appropriate weight.

- Beware that eating a very high fiber can interfere with calcium absorption. No need for more than 25 to 35 grams of fiber per day!

- Runners with eating disorders commonly have high cholesterol levels. The solution is not to limit red meat and eggs; rather, the runners need to normalize their entire diet.

- Medical symptoms that raise red flags include: heart rate less than 40 beats per minute, body temperature less than 95°F (35°C), blood pressure less than 70/40, and low blood glucose (<60 mg/dL) between meals. These numbers are sometimes seen in highly trained runners; hence to identify those with eating disorders can be tricky. Other red flags include noticeable "fur" on arms and face (lanugo hair, for warmth), brittle fingernails, blue fingertips, itchy dry skin, and a yellow skin tone due to overindulging in carrots and orange vegetables.

- Runners with anorexia may complain about "feeling full" despite a small food intake, and food that just "sits in the stomach." The solution is to force themselves to gradually increase their intake. Even though they may not feel hungry, their body is starving and needs fuel.

Do people recover?

Yes, usually with help from a therapist, registered dietitian (RD), and medical team. Some runners get tired of the eating disorder and learn to accept their perceived body flaws. Others get scared when they vomit blood. Some find hope in a new personal relationship—Maybe I am good enough to be loved!—or choose to eat better so they can get pregnant.

One pathway for recovery is to see the eating disorder as being just one part of you. It is the part that tries to protect your other parts that don't like feeling lonely, rejected, or imperfect. For example, perhaps you had traumatic experiences in middle school. Your eating disordered part can distract and numb feelings of pain, shame, and fear. It keeps you feeling more in control of life.

Try talking to your eating disorder and ask,



"Please tell me why you are here? What are you trying to do for me?" The ED part might answer "I'm trying to distract you and protect you from painful feelings—you know, the shame you felt as a kid in middle school." Yet, we all know that starving one's body does not solve any problems. Hence, a probing question is, "How effective on a scale of 1 to 10 (with 10 being 100% effective) is the eating disorder in making you happy in your core?" Most runners with eating disorders are miserable.

Using a model of recovery such as Internal Family Systems (www.selfleadership.org), runners can discover their core that is centered, competent, secure, self-assured, relaxed, and able to both listen to and respond to feedback. These core values can displace the eating disordered voices and lead to a happier, healthier life and improved performance. Is it time for you to stop struggling and start living and performing better?

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes at her office in Newton, MA (617-795-1875). Her *Sports Nutrition Guidebook* and food guides for new runners and marathoners offer additional information on resolving weight issues. They are available at www.nancyclarkrd.com. See also sportsnutritionworkshop.com. □

Title IX at XL and the 2012 MHRRC Women's Run

by Bob Kopac



June 2012 is the 40th anniversary of Title IX, which stated "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance..." Within a few years of becoming law, the act was used to mandate a large increase in funding for women's sports in colleges and a corresponding dramatic increase in female athletes. Today we take women in sports as the natural state of being, a positive illustration of Title IX's impact on our society and our attitudes.

The May 19, 2012 Mid-Hudson Road Runners Club Women's Run 5K and 10K can be interpreted as an example of Title IX's effect at the local level. Under the direction of Deb Dyle, this inaugural event attracted 232 finishers: 139 in the 5K and 93 in the 10K. It would have been inconceivable 40 years ago to have this many women run a local race, let alone at these distances. Back then, the longest women's track event sanctioned by the Amateur Athletic Union was 880 yards. As Kathrine Switzer describes in her book *Marathon Woman*: "Of course the AAU would never encourage women to run longer by offering any longer events, oh no; besides, your uterus might fall out." It almost seems like those were the Dark Ages, and now we are in the Age of Enlightenment.

Many of the women participants at the event were first-time runners who took advantage of the MHRRC Learn to Run program which was led by Polly Sparling. Over the course of 12 weeks, participants in the Learn to Run program progressed from non-runners to being able to run a 5K. Women (and men) who had never run before had the opportunity to train to run a 5K. The program was so



popular, it filled up quickly, and there was a waiting list.

Besides first-time runners, the races attracted the usual suspects of the running community as runners or as volunteers. The MHRRC women's running group "the Posse" was heavily involved in the pre-race and race-day planning and logistics. In addition, many male MHRRC members showed their solidarity and support by volunteering.

Race director Deb Dyle held the races on the Dutchess Rail Trail; this setting provided a scenic and fast course. The 5K was won by local runner Marisa Strange of Pleasant Valley,

NY, who is a national elite masters woman runner. She immediately grabbed an early and commanding lead and was never challenged during the race. Her winning time was 18:39.70, a 6:01 minute per mile pace.

The 10K was won by Conni Grace of Hopewell, NY in a time of 40:39.60, a 6:33 pace. She out-dueled Eileen Canzoneri of Pawling, NY who finished in a time of 40:52.90, a 6:35 pace.

The oldest participant was Patty Lee Parmalee of Wallkill, NY, 72 years young, whose 10K time was 57:49.40. The number of young runners was quite impressive. For the 5K, Hannah Schindler of Milton, NY, age 12, won in 23:13.00; Raven Stanet of Hopewell, NY, age 9, came in 2nd place in 26:29.50; and Allison Hopper of Pleasant Valley, NY, age 14, finished 3rd in a time of 27:19.80. For the 10K, Rachel Cacace of Poughkeepsie, NY, age 14, won in 45:59.10; and Abby Teliska of Salt Point, NY, age 17, came in 2nd in 52:41.70.

These young runners, born long after Title IX came into being, enjoy the changes in society's attitudes toward women's sports that Title IX helped create. However, we still have a ways to go as a society, when considering that donations from the race fees went to the Coalition Against Domestic Violence and Sexual Assault. Hopefully we will see progress on that front in our lifetimes.

P.S. Thanks to our sponsors: My Brother Bobby's Salsa, Adams Fairacre Farms, When Scents Count, and MVP. □



The 2012 Invitation for HMRRC Hall of Fame Candidates

The Hall of Fame Committee is looking for recommended candidates in 2012 for the HMRRC Hall of Fame.

Selection Criteria for Induction:

The HMRRC Hall of Fame honors individuals who have earned extraordinary distinction as a member of the HMRRC. A candidate for the Hall of Fame should have been, or continue to be, an active member of the HMRRC. The candidate should be a recognized leader of the local running community in performance and/or service.

The guidelines used to select a candidate include (but are not limited) to the following:

1. historical significance to the HMRRC.
2. performance as a competitive runner in **club** races.
3. noteworthy performance as a competitive runner at the local, regional, national, or international level.
4. service to the club as an elected officer.
5. service to the club as a staff member or writer for *The Pace Setter* over a period of time.
6. service to the club or the larger running community as a race director.
7. service, over an extended period of years, to multiple club functions as a volunteer.
8. service, over an extended period of years, to local running functions.
9. service to the club or larger running community as a mentor, coach, or educator of local runners.
10. service to the larger running community as an officer of local, regional, national, or international running organizations.

If you would like to recommend someone, send the candidate's name and appropriate supporting information to the HOF Committee by July 27, 2012.

HMRRC Hall of Fame Committee
c/o Ed Neiles
17 Norwood St., Albany, NY 12203
or email: eneiles@nylp.com

THE 3rd ANNUAL

Malta Business & Professional Association 5k



Proceeds to Saratoga
Rural Preservation
Council &
Town of Malta EMS
First Responders

SATURDAY SEPTEMBER 8, 2012

Pre-registration - \$20

Day of event registration - \$25

Registration opens 7:30AM : Race starts at 8:30AM

register online: www.maltabpa.com/malta5k
HVCC- TEC SMART • 345 Hermes Road Malta, NY



2012 Cherry Blossom Race for ALS

I consider myself a novice race director ... very novice. In 2009 I thought it would be a great idea to add a 5k race to our Cherry Blossom Craft Festival at Congregation Gates of Heaven, Schenectady, NY. We did not name a specific charity to benefit from the race proceeds. Later that year, longtime member of our congregation, Lewis Golub, passed away from complications associated with ALS (Amyotrophic Lateral Sclerosis) or as it is commonly known, Lou Gehrig's Disease. Lew Golub's generosity can be felt in our congregation and throughout the community and we took the opportunity to partner with St. Peter's ALS Regional Center to honor his memory.

I began my tenure without any idea what I was getting into. Every year has been a learning process. I have made a number of mistakes, corrected them, only to make new ones the next year. It has been very frustrating at times, trying to grow the race, get sponsors and overcome roadblocks. Many times I have wondered if it is worth all the trouble. That question was answered this year. On Sunday, April 22nd the Cherry Blossom Race for ALS was won for the second consecutive year by Eric Young of Latham with a time of 16:09. Our female champion was Niskayuna's Kathryn Verna with a time of 22:43. Within minutes of her victory, I was informed that Kathryn had lost her brother the previous year from ALS. This bittersweet victory has reaffirmed why I am doing this, and no amount of frustration can compare to that of the people afflicted with ALS and their families. I would like to share Kathryn's story in her own words.

"I always looked up to my brother Ken Jones, but the grace he showed in the face of his diagnosis and rapid decline made him my hero. He died May 24, 2011 at age 50, roughly a year after receiving an ALS diagnosis (he and his doctors at UC San Francisco Medical Center spent about 7 months ruling out other possibilities). Ken was the very definition of an athlete, and actually experienced his first symptoms, difficulty throwing a curve ball, while playing in an adult baseball league in his home in Monterey, CA. He was a 3-sport athlete in high school, played football and ran



track in college (he still holds the Lehigh University school decathlon record, which he set nearly 30 years ago), and eventually became a scratch golfer (maybe his only unfulfilled dream in life was to play on the Seniors tour). He ran his own business and just lived his life to the fullest. You'd think a guy like this would fall apart when his physical abilities started to leave him and he was faced with needing to rely on others for almost everything. But he didn't. Up to the end, he took every chance he was given (including on a local television "lifestyle" magazine in Monterey) to say that he considered himself a "lucky man" because the things that made him happiest – his wife, his friends, his faith – had not left him.

I will never forget the feeling of absolute panic I felt when he first told me what was wrong with him – I had trouble breathing, and couldn't imagine what I would do without my big brother. However as these things happen, I spoke to a colleague at work had lost his mother to ALS. He told me, "You will be tempted to deny what is happening...DON'T. You have to face into it." He said he deeply regretted not spending more time with his mother when she was still relatively well, and didn't want me to make the same mistake. So I took every chance I could to fly out to California to see Ken during his last year, and while he was still able, we flew him and his wife here to Niskayuna and hosted a backyard BBQ for his Lehigh fraternity brothers, who came in from all over for the afternoon. That day was such a gift for all of us. The last time I saw him I was able to drive him around his beloved Monterey Peninsula, we ate brunch at a restaurant with a spectacular view of the bay, and watched a spectacular last round of the Master's golf tournament from the tap room at Pebble Beach. It was close to a perfect day as I could imagine. He died about a month later, peacefully in his own home during a nap, after having just a couple of days of occasional confusion, as the carbon dioxide levels in his body started to affect his thinking. He knew the end was coming, and I think he was ready. He donated his body to UCSF for ALS research."

I continue to hear similar stories to Kathryn's the longer I am involved with the St. Peters Regional ALS Center, however, none with truly happy endings. Each year I meet more people whose lives have been affected by this terrible disease. The idea of being able to bring these families and friends together for a few hours on a Sunday morning to share memories and lend support to each other makes all the frustrating moments I have experienced seem miniscule. We will be back next year to raise awareness and money to help those affected by ALS.

I would like to thank all our participants, volunteers, and sponsors. Special thanks to Coach Garrett Couture and the Shaker H.S. boys track team, the Niskayuna Police Dept., Schenectady County Auxiliary Police, Grand Blvd. and District 2 Fire companies of Niskayuna for keeping us all safe during the race.

Tim Fecura, Race Director
Cherry Blossom Race for ALS ☐



Ahoy, mates!

If you haven't signed up for the Rocking River Cruise, you are missing an opportunity to just socialize with each other and see what we all look like "with our clothes on!" Go to www.hmrrc.com, look for the blurb on the front page and sign up today!

No speeches – great buffet – good friends --- good music

We set sail on the Saturday, the 24th aboard the Capt. JP. Don't miss the boat!

Other HMRRC events for July: Summer track series – check the website for dates, times and venue.

Want to get involved? We are looking for people! From race directing to water stopping, we have a spot for you – just let us know what you want to do.

Contact Marcia Adams at madams01@nycap.rr.com for more details.

Dynamic Stability

Dynamic stability (DS) is a contradiction of terms. DS can be defined as the ability to hold a posture while moving. There is the contradiction. Posture is a static quality (no movement), while dynamic implies change and movement. In spite of the contradiction, DS is a critical component of running technique, and the presence or absence of this quality has a direct effect on physical performance and injury incidence.

With regards to running, DS can be seen as the ability of the athlete to "post." Posting is biomechanical jargon for being able to rigidly stand on one leg with no side to side sway or wiggle. To the naked eye, this sideways translation may be minimal if apparent at all, and therefore may be mistakenly discounted as unimportant. But in performance based sport, any deviation from the forward application of force will lead to an increased foot contact time, dissipated ground force and contribute to injuries, whether it be the catastrophic failure of a torn hamstring or the cumulative micro-trauma of a tendonitis somewhere in the leg.

There are several muscles that contribute to this concept of dynamic stability in running. It is important to note they all stabilize the hip joint. Remember that the hip joint is a "ball and socket" joint. Ball and socket joints allow for rotary or circular actions. But running is a forward action. The multi-axial nature of the joint allows for the unwanted lateral sway mentioned above. The challenge becomes for one to eliminate the lateral sway while at the same time allowing the complementary muscles to drive the body forward.

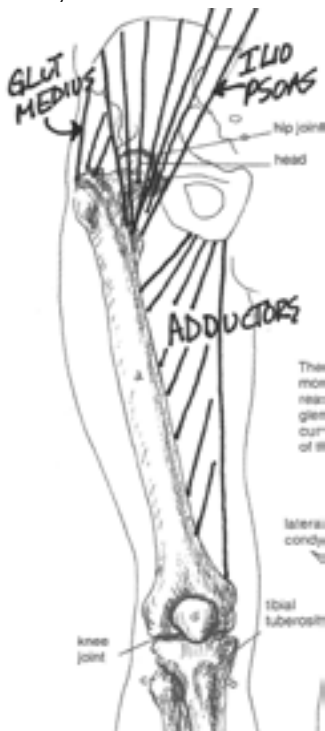


Figure 1 - Dynamic Stabilizers of the Hip
22 - The Pace Setter

The three main dynamic stabilizers of the hip are the iliopsoas, the glut medius and the adductor magnus.(fig 1) When their isometric contractions are coordinated, the desired posting is the result. If there is a weakness, lateral sway is produced. In fact, there is an orthopedic sign called the Trendelenberg Sign that is indicative of glut medius compromise. (fig 2)

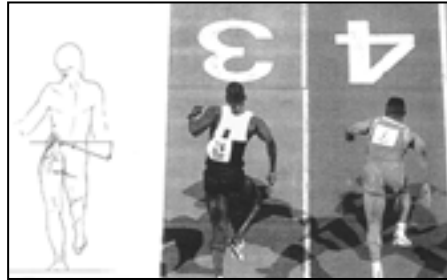


Figure 2 - Positive Trendelenburg Seen With
World Class Sprinter in Lane 3

It should be noted that the posterior tibialis also plays an important role in dynamic stability in the foreleg. The PT was profiled in a previous column (*Pace Setter*, December 2011). One of the functions of the PT is to control the velocity of mid-foot pronation. What that means is how fast the foot moves from heel strike to mid stance. The PT controls the three components of how pronation happens. A dysfunctional PT allows for either too much pronation, pronation too soon in the gait cycle or the process of pronation happening too fast. The PT can be toned by doing the six foot drills on a daily basis and supported by a simple orthotic.

As you no doubt see, dynamic stability becomes a cooperative struggle between balance and strength. While one quality may be developed independent of the other, when developed synergistically one quality enhances the other.

Why is DS a problem in the first place? Running is a linear activity. For the most part, from the sprinter to the long distance runner, what is prized for both athletes is the ability to run in a straight line. Agility or side to side movements come into the mix when one talks about football, soccer or basketball, but I would still note that forward or linear actions predominate. After all, the ball fields are longer than they are wide and scoring is achieved by going the length of the field, not the width.

A second reason is that the hip dynamic stabilizers are relatively hidden in the body, effectively invisible. Attention to and development of the dynamic stabilizers does not necessarily lead to muscular hypertrophy. In our narcissistic culture it becomes a situation of "out of sight, out of mind."

A third reason is that without development of the dynamic stabilizers the job of dynamic stabilization is left to muscles that are poorly

designed for the job. The hamstrings are designed to drive the thigh backwards and make a minimal contribution towards dynamic stability of the hip. But when forced to provide stabilization of the hip, the hamstring twinge, hamstring strain or excessive hamstring "tightness" can be the result.

DS becomes a problem because it is rarely a focus of training. As stated above, running is a linear activity. It may also be due to a misunderstanding of the training concept of specificity. Specificity of training dictates that if the primary demand on a system is aerobic, the primary training modality should be aerobic. If the sport is power-based, then primarily speed and strength should be trained. Running is primarily linear, therefore most train the linear quality to the exclusion of other movements. What happens is there is a confusion between "primary and only" with the development of one quality done to the exclusion of the other.

Armed with this knowledge, the solutions to the problem become relatively simple. One thing that is underscored here is the importance of a solid training plan. That would include not only the long range planning but also what gets done during a daily workout.

Training the dynamic stabilizers should be done on a daily basis in the warm-up section of each day's practice. This is the portion of the daily practice that could last from 15-30 minutes. If properly designed, many of the small, but important details of athletic performance can be addressed. I have often heard runners lament that they cannot budget this about of time when they only have the lunch-hour to do their workout. I have always contended that the time spent here, on the pre-hab/dynamic warm-up is of equal or greater import than what gets done in what most think of as the traditional workout.

While the ilio-psoas can be addressed with leg lifts and the traditional sit-ups, attention to the adductors and the gluts may require some creativity and extra effort. Holding the plank position (fig 3) for 30-60 seconds or doing the plank with hips circles to the right and left will address all three dynamic stabilizers of the hip. Start slowly with three to five circles and build to 10.



Figure 3 - The Plank

Side stars (also called a side plank) will also address all three muscles, especially the glut medius. This is a difficult position to hold and beginning recommendations would be 15-30 seconds on both the right and left sides. (fig 4)

Once the main part of the workout is completed, it is recommended to address these muscles with some specific weight training at least twice per week. Traditional squat exercises will help coordinate the stabilizing effect of the muscles but will not specifically address

2012 Mother's Day 5K Brunch



Figure 4 - Side Star Plank

the muscles. While most personal trainers would dispute that statement, I refer you back to figure 2. The sprinter is Ben Johnson, who could squat over 500# and still evidenced the Trendelenberg Sign and the posting weakness.

Side leg raises and inward adductor leg sweeps on a total hip machine will isolate and tone those muscles. While this machine work violates the "train movements, not muscles" rule it needs to be mentioned that we are specifically re-habbing or pre-habbing these muscle groups for the stresses of running and represents an exception to the rule.

In running the flexion and extension of the hip is the fastest volitional movement in the body. This action can be enhanced when the ground support phase of running action is that of a solid post. The development of the dynamic stabilizers in this area will not happen by accident, but rather through specific design and intelligent application within a comprehensive training plan. The benefits of such a plan would include improved ground reaction times, a decrease in hamstring injuries ultimately resulting in improved speed actions, forward velocity and performance.

Russ Ebbets, DC lectures nationally on sport and health related topics. He serves as editor of *Track Coach*, the technical journal for USATF. He is author of the novel *Supernova* on the famed running program at Villanova University. Copies are available for \$10.95 plus \$2. S&H from PO Box 229, Union Springs, NY 13160. He can be contacted at spine-doctor229@hotmail.com. □



The Mother's Day 5K Brunch was held on Sunday, May 13 with a new location (Central Park, Schenectady), distance (5K) and co-host (Best Fitness of Schenectady). The weather was perfect as local athletes of all abilities came out to celebrate Mother's Day.

HMRRC and Best Fitness pulled out all the stops to make it a special day. 158 runners and walkers enjoyed a beautiful course with a decorated trail and around-the-lake loops, mock-mimosa and chocolate fountains and brunch-type fare such as fresh fruit, mini bagels and donuts, and homemade quiche. Every finisher received an orange rose, and there were awards for 5-year age groups.

Katie Hodge of Delmar won the race with a time of 20:33.

While the race was for women only, men were on hand to volunteer and show their support. □



Bill Shrader Sr. Memorial Scholarship Winners

| | | |
|-------------|-------------------------|---------------------------------------|
| 2000 | Kelly Stemp | Cohoes High School |
| | Seann Mulcahy | LaSalle High School |
| 2001 | Erin Sprague | Queensbury High School |
| | Brian McNamara | Saratoga High School |
| 2002 | Tara Sheedy | Shaker High School |
| | Justin Corelli | Shaker High School |
| 2003 | Lindsey Goldberg | Guilderland High School |
| | James Tillapaugh | Cobleskill-Richmondville High School |
| 2004 | Caitlin McTague | Niskayuna High School |
| | Nick Sarro | Chatham High School |
| 2005 | Danielle Schuab | Scotia-Glenville High School |
| | Shamus Nally | Burnt Hills High School |
| 2006 | Kathryn (Katrina) Hines | Columbia High School |
| | Ryan Coppolo | Duanesburg High School |
| | Steve Soprano | Queensbury High School |
| 2007 | Cara Sprague | Queensbury High School |
| | Colin Shannon | Queensbury High School |
| 2008 | Emily McTague | Niskayuna High School |
| | Hilary Edmunds | Voorheesville High School |
| | William (Macky) Lloyd | Voorheesville High School |
| | Matthew Blair | Lansingburgh High School |
| | Meaghan Gregory | Burnt Hills-Ballston Lake High School |
| 2009 | Gina Cristaldi | Broadalbin-Perth High School |
| | William (Mike) Danaher | Shenendehowa High School |
| | Kevin Sprague | Queensbury High School |
| | Rebecca Martin | Ballston Spa High School |
| 2010 | Chelsea Trant | Niskayuna High School |
| | David Richards | Cobleskill-Richmondville High School |
| | Alney Tobias | Lansingburgh High School |
| | Brianna Freestone | Saratoga High School |
| 2011 | Jolie Siegel | Voorheesville High School |
| | Christopher Herbs | Catholic Central |
| | Sam Place | Saratoga High School |
| 2012 | Amy Becker | Colonie High School |
| | Shannon Trant | Niskayuna High School |
| | Gavin Clark-Gartner | Ichabod Crane High School |
| | Austin Lane | Greenwich High School |

2012 Bill Shrader Sr. Memorial Scholarship Winners Announced

Becker, Clark-Gartner, Lane, and Trant named recipients

By Jon Rocco

The 2012 Bill Shrader Sr. Memorial Scholarship winners have recently been selected. The scholarship program, which is sponsored solely by the Hudson Mohawk Road Runners Club, awarded a total of \$10,000 in scholarships to four recipients. The purpose of the program is to encourage and support young runners in their efforts to make running a lifelong part of a healthy lifestyle. The scholarship is in memory of Bill Shrader Sr., one of the founders of the HMRRC, the club's first Vice President, and an accomplished runner. Bill was also a race director, the 1974 winner of the Distinguished Service Award, and an initial member of the HMRRC Hall of Fame, elected in 1991.

The scholarship program was introduced in 2000. In 2008, the Club increased the number of scholarships from two to four and in 2010, the Club increased the total award from \$6,000 to \$10,000. This year there was an excellent response, believed to be a record, with 42 applications (24 female and 18 male) submitted from across Section II representing 26 different schools. The candidates were evaluated and scored on four criteria: their running experience, participation in extra-curricular activities, a written essay on the "importance of running" in their lives, and letters of reference. It is an honor to have served on this Committee since 2007 and a great pleasure to Chair the Committee once again. Special thanks go out to Joan Celentano, Christopher Rush, and Ken Skinner for their continued service on the Committee. Once again, there was a talented class of applicants deeply involved in their school, community, and a wide array of organizations.

The two female winners, both from the Suburban Council, were Amy Becker from Colonie Central High School and Shannon Trant from Niskayuna High School. The two male winners were Gavin Clark-Gartner from Ichabod Crane High School in Valatie and Austin Lane from Greenwich Central High School in Washington County. Each of the four recipients received \$2,500 along with a plaque. Amy, Gavin, and Austin became the first Shrader Scholarship winners from their respective schools while Shannon followed in the footsteps of her older sister Chelsea, who won in 2010.

Amy Becker, who graduated at the top three percent of her class, will be attending the Rochester Institute of Technology (RIT). She received The Allegiance, Commitment, and Loyalty Award for her six year dedication to the school's three sport distance running program. Amy received a multitude of team awards over the years, including the Cleary Award, one of the highest honors an athlete can receive at Colonie High School. The achievement she



Amy Becker

is most proud of is reaching All American status with her 4 X 1 mile relay team at the New Balance Indoor Nationals in 2011. Amy was selected as one of the captains on the cross country team in her junior and senior years. She was a member of the Key Club and National Honor Society as well as an accomplished violinist with participation in the Symphonic Orchestra, Orchestra Ensemble, and performing a violin solo since 2005 before the New York State School Music Association (NYSSMA), scoring excellent or outstanding each year. Her community involvement includes Girl Scouts, Colonie Youth Court, Student Ambassador for the People to People Ambassador Program, and volunteering for HMRRC, the American Red Cross, and the Mohawk Hudson River Humane Society.



Gavin Clark-Gartner

Gavin Clark-Gartner, class salutatorian, will be attending the University of Rochester where he will be pursuing a career in biochemistry. Gavin participated in varsity cross country for four years and indoor and outdoor track for five years each. He has served as team captain in each of the three sports. He was Section Champion in 2010 for the pentathlon and was a state meet participant for the pentathlon in 2011. He holds three individual and four relay team school records for indoor track, and for outdoor track has school records in the 3 X 400m and 3 X 110m hurdle relays. He captured Sectional wins this past indoor track season in the 1,000m run and 55m hurdles and last year placed first in the Sectional meet for 110m hurdles in outdoor track. Gavin was a member of Varsity Club, Vice President of the National Honor Society, school band, NYSSMA, All-County Band and Area All-State Band on the French horn. He has been actively involved in Boy Scouts since 2005. He was chosen to represent his school in the Sports Foundation Scholar Athletic competition and was a preliminary qualifier for the National Merit Scholarship competition.

Austin Lane, a Division I recruit, will be attending Eastern Michigan University which is part of the Mid-American Conference. Austin was his conference champion (Wasaren) in cross country in each of his six years of competition, from grades seven through twelve. He was the cross country Sectional champion for three consecutive seasons, competing in Class D in his sophomore year and then up to



Austin Lane

Class C in his final two years. He finished 4th in the Class C State Cross County Championship. He holds school indoor track records at six distances from 1000m up to the 2 mile, and outdoor track records from the 800m up to the 2 mile. He is number four on the Section II All-time List for the indoor two mile. Perhaps his coach put it best when he said Austin has kept busy updating the record board ever since he started running at Greenwich. He was team captain in cross country for all six seasons and for five seasons with indoor and outdoor track. Austin was Varsity Club President for four years, a member of National Honor Society, Math Club, concession stand volunteer at school football and basketball games, and a four year mentor of the summer running program, Fastlane.

Shannon Trant will be attending Rensselaer Polytechnic Institute (RPI). She competed in cross country and outdoor track for six seasons and three years with indoor track. She ended her final cross country season as a state qualifier in the Class A meet. She was named her school's Most Valuable Runner in cross country and received the Coaches Award for indoor



Shannon Trant

track. She was a Scholar Athlete for all of her Varsity seasons. Shannon was a member of the National Honor Society, Environmental Studies Team, Youth-to-Youth Treasurer, and a People to People Ambassador. She has been involved with Girl Scouts, having achieved their highest award, the Gold Award. She was recipient of the Gold Presidential Service Award in each of her four years of high school. In order to attain this, one must contribute 250 hours of community service per year. This included time with many organizations, including her town's summer recreational track camp, Mohawk Hudson River Marathon, food banks, city missions, church youth group, and hospitals. She was also an intern at an animal hospital.

On behalf of HMRRC, we wish the best of luck and success to Amy, Shannon, Gavin, and Austin along with all the other applicants with their future endeavors as they move on in their academic and running careers. It is also



with thanks to our members who participate in our club races throughout the year. It is your entry fees and financial success at a few of our big races that allow the Club to give back to the running community in the form of these scholarships, the ever growing and successful Just Run Program, and the grants program. The total budgeted amount in 2012 for these programs totaled \$60,000. Thank you. □

Event Schedule

| Date | Time | Event | Location | Contact | Email |
|------|----------|--|---|------------------|----------------------------|
| 7/15 | 10:00 AM | Liberty Games XC-5K, 4K, 3K, 2K | Schenectady Central Park | Lisa Mills | lisa@essportscouncil.org |
| 7/17 | 6:00 PM | Colonie Summer Track | Colonie High School | Frank Myers | FLYINGBB45@aol.com |
| 7/19 | 6:15 PM | 40th HMRRRC Hour Run | Colonie HS Track | Doug Bowden | bowden@nycap.rr.com |
| 7/19 | all day | Liberty Games Combine Events - Pentathlon, | Schenectady High School | Lisa Mills | lisa@essportscouncil.org |
| 7/21 | 7:00 AM | Arthritis Foundation Jingle Bell 5K Run/Walk | Six Flags Great Escape | Eileen Reardon | ereardon@arthritis.org |
| 7/21 | 9:00 AM | Liberty Games Road Race 5K, 10K | Schenectady Central Park | Lisa Mills | lisa@essportscouncil.org |
| 7/21 | 8:00 AM | Silks & Satins 5K Run to benefit Special Olympics New York | East Ave. & George St., Saratoga Springs | Michelle Iorizzo | miorizzo@nyso.org |
| 7/21 | 8:00 AM | 14th Annual Fox Creek 5K | Berne Town Park | Liz Chauvot | chauvots@prodigy.net |
| 7/22 | 8:00 AM | Liberty Games Track Meet | Schenectady High School | Lisa Mills | lisa@essportscouncil.org |
| 7/23 | 6:15 PM | Camp Saratoga 5K Trail Run | Wilton Wildlife Preserve & Park | Laura Clark | laura@saratogastryders.org |
| 7/24 | 6:00 PM | Colonie Summer Track | Colonie High School | Frank Myers | FLYINGBB45@aol.com |
| 7/26 | 6:15 PM | 37th HMRRRC Pentathlon | Colonie HS Track | Todd Mesick | toddmesick@yahoo.com |
| 7/28 | 9:00 AM | 11th Annual Turning Point 5K | Saratoga Springs State Park | Kim Gamache | kingamache@hotmail.com |
| 7/31 | 6:00 PM | Colonie Summer Track | Colonie High School | Frank Myers | FLYINGBB45@aol.com |
| 8/4 | 8:00 AM | Fronhofer Tool Triathlon | Lake Lauderdale Park | Bridget Crossman | bcrossm85@gmail.com |
| 8/4 | 8:30 AM | The 34th Dynamic Duo Pursuit Race | Colonie Town Park | Frank Myers | FLYINGBB45@aol.com |
| 8/5 | 12 Noon | HMRRRC Club Picnic | Thacher State Park | Lisa Ciancetta | ljcny61@nycap.rr.com |
| 8/5 | 9:00 AM | 18th Indian Ladder Trail Run 15K & 3.5 Mile | John Boyd Thacher State Park | Mike Kelly | mjkhome@verizon.net |
| 8/6 | 6:15 PM | Camp Saratoga 5K Trail Run | Wilton Wildlife Preserve & Park | Laura Clark | laura@saratogastryders.org |
| 8/7 | 6:00 PM | Colonie Summer Track | Colonie High School Track | Frank Myers | FLYINGBB45@aol.com |
| 8/10 | 6:30 PM | 2nd Annual Schenectady ARC 5K & 1M Family | Central Park | Doug Secor | dougs@arcschenectady.org |
| 8/12 | 9:00 AM | Run for the Roses 5K | Grafton Lakes State Park | Cindy Pulito | lorien@fairpoint.net |
| 8/13 | 6:30 PM | Tawasentha XC 5K #1 | Tawasentha Park Guilderland -- Day of Race only! | John Kinnicutt | jkinnicutt@gmail.com |
| 8/14 | 6:30 PM | Southern Saratoga YMCA 5K Run, 3K Walk, Kids' | 1 Wall Street | Chris Belden | cbelden@cdymca.org |

Hudson Mohawk Road Runners Club

P.O. BOX 12304

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NEW MEMBERS
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Address _____ Occupation _____

City _____ State _____ Zip _____ Phone _____

TYPE OF MEMBERSHIP DESIRED (Check one):

INDIVIDUAL (\$12) ☐ YOUTH (Under 20) (\$9) ☐ COUPLE OR FAMILY (\$15) ☐ Names _____

NEW APPLICANT ☐ RENEWAL ☐ GIFT MEMBERSHIP ☐ _____

E-MAIL _____

For those who can afford it!

My additional tax-deductible contribution: \$10 _____ \$20 _____ \$50 _____ \$100 _____ \$ _____

Mail applications to:
HUDSON-MOHAWK ROAD RUNNERS CLUB
P.O. BOX 12304, ALBANY, NY 12212

Make checks payable to:
HUDSON-MOHAWK ROAD RUNNERS CLUB

I realize there are certain dangers associated with distance running. I hereby for myself, heirs, executors, or assigns waive and release any and all claims I may have against the Hudson-Mohawk Road Runners Club, its officers or members, the State University, the State of New York, or any race official or participant for any injury, illness, or property loss which might occur to me while competing in, traveling to, or returning from any event sponsored by the Club.

SIGNATURE OF MEMBER(S) _____
(leave blank if gift)

SIGNATURE OF PARENT OR GUARDIAN (if under 18) _____

☐ *I am interested in becoming more actively involved in the Club!*